

Body Awareness & Reducing Tension

Unwind

Reduce Stress & Tension

Ease Pain

Relax

Awareness & Softening Tension can be great way to aid helping & return to well being...

Practice Regularly The Body Scan and you can learn to relax and calm yourself at will. Learn to relax and let go.....

Be comfortable & reasonably aligned...

Bring awareness to your breath... feel its rhythm... inhaling... exhaling... allow it to lengthen... allow it to smooth, allow it to soften... just feeling the body movements associated with breath... belly rising & falling...

If tense lengthen you exhale breathe out long like a sigh.... letting go...

Just allow the process, don't try too hard

Begin to focus on the sensations flowing down through your body - softness... ease...

Bring your awareness to:

Top of your head

Forehead

Eyes

Jaw

Across the tops of your shoulders

Down through your arms to your hands and fingers

Across your chest, rib cage, and down the solar plexus to your lower belly

Down your neck, upper back, lower back, to your tailbone

Feel your thighs, legs, to your feet and toes

Just let go...surrender all your stress and tension...

Release any where you hold tension... relate away the pain... release tension from your mind... Release tension spots with breath, ease sensations of tension or pain...

LET GO of awareness, of pain, of tension...

Feel lightness in your body...

Feel warmth in your body...

Feel peace & calm in the your body & mind...

Internal Cues

- When ever you notice tension in your body
- When ever you notice emotional distress or a negative mood
- When ever you experience increased pain

External Cues

- Place a reminder on your phone, computer, or around the home
- When you are at a stop light driving
- While waiting in a shopping queue
- When taking a coffee break
- When you exercise or walk - apply to your YOGA or RECOVERY Program
- Before going to sleep

You can do it, you just need to practise & practice often...